



H-PLUS Function Exercise: RELEASE

Function Command: PLUS-RELEASE

Purpose:

This is your H-PLUS Function exercise to learn to **release** a Function you are using.

Application:

For return to normal from a particular Function currently in application. Use only when such Function is needed temporarily and such need has been accomplished.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **RELEASE** is for use with "as needed" H-PLUS Functions such as **ZONING**, **STRONG-QUICK**, **WAKE/KNOW** and groupings used in special situations.

Examples – If you've utilized **ATTENTION**, **SYNCHRONIZE** and **STRONG-QUICK** for a sports activity, use **RELEASE** afterwards. When using **OPTIONS**, **MÖBIUS WEST** and **WAKE/KNOW** for sleep time problem solving, allow time to receive your answers and do **PLUS-RELEASE**. Use **RELEASE** after studying hard with **ATTENTION** and **IMPRINT**. **ZONING** is handy while walking to your car on a chilly day, but remember to use **RELEASE** once you're inside with the heater going.

Please Note:

- Functions are not "erased" but placed "on hold" for future recall.
- Feel yourself become less focused if you have been using **ATTENTION**.
- Observe a change in energy level if you were using **STRONG-QUICK**.
- Watch for a return to "normal" temperature perception if you were using **ZONING**.

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Interstate Industries, Inc.
at The Monroe Institute
P.O. Box 130
Nellysford, VA 22958
(804) 361-1500

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